

are a slave and cannot help it. But I do want to tell you this: There is One who can break your chains and set you free.'

"I want to be free.'

"Well, Christ can set you free, if you submit to him and let him break the chains of sin and appetite that bind you.'

"It's been many a long year since I prayed.'

"No matter; the sooner you begin, the better for you.'

"He threw himself at once upon his knees, and while I prayed I heard him sobbing out the cry of his soul to God.

"His wife knelt beside me and followed me in earnest prayer. The words were simple and broken with sobs, but somehow they went straight up from her crushed heart to God, and the poor man began to cry in earnest for mercy.

"O God! break these chains that are burning into my soul! Pity me, and pity my wife and children, and break the chains that are dragging me down to hell. O God! be merciful to me, a sinner.' And thus out of the depths he cried to God, and He heard him and had compassion upon him, and broke every chain and lifted every burden, and he arose a free, redeemed man.

"When he arose from his knees he said: 'Now I will sign the pledge and keep it.'

"And he did. A family altar was established; the comforts of life were soon secured—for he had a good trade—and two weeks after this scene his little girl came into my husband's Sunday-school with white shoes and a white dress, and a blue sash on, as a token that her father's money no longer went into the saloon-keeper's till.

"But what struck me most of all was, that it took less than two hours of my time to be an ambassador for Christ in declaring the terms of heaven's great treaty, whereby a soul was saved from death, a multitude of sins was covered and home restored to purity and peace."

## Our Young People

### HELPLESSNESS

Ex. 17: 8-13; Gal. 6: 1-5

Topic for Oct. 30

Helpfulness is the reflection of love. "He that loveth not knoweth not God" is the inspired record, but he that loveth will seek to help. Love can no more be inactive than a fire; it must be growing and acting and feeding.

The world is to recognize the disciples of Christ by the proof, of their love one toward another, and if Christians will not maintain a higher standard than others the world has a right to question the reality of their religion.

It is not given to all to do great, heroic deeds and to set on the right or left hand of the Master but it is given to all to give the cup of water in Jesus' name and to do the little things which after all are just as great and heroic as any and which will bring an equal reward.

It will do us all good to stop and ask ourselves if we have not perhaps been seeking to do some great thing while at the same time we have been forgetting to be kind and gentle and helpful about our own homes. How many are silent in prayer-meeting, or if they speak do no good, because they have just been having some hard words at home or have been doing some mean, selfish thing.

If we can make the ruling motive of our lives that of contributing the most possible to the world, instead of getting the most possible out of it, we will find joy in many things which now seem a burden to us. But the Christian's Master-motive must forever be "not to do mine own will but the will of him that sent me" "Not to be ministered unto but to minister."

"I hold that life is measured right  
By what a man puts into it,  
And not by what with selfish might  
He gains therefrom while living it.

#### SCRIPTURE LIGHT ON HELPLESSNESS

1. Our example, Acts 10: 38.
2. Our rule, Matt. 20: 26-28.
3. Our responsibility, Rom. 14: 7.
4. Our hope, Luke 6: 34, 35.
5. Our training, I Cor. 1: 4.

#### How we can help one another:

6. Pray for one another, Jas. 5: 16.
7. Love one another, (John 3: 23) I Thess. 5: 10.
8. Bear one another's burdens, Gal. 6: 2.
9. Encourage one another, Isa. 41: 7.
10. Exhort one another, Heb. 3: 13.
11. How help the weak, Gal. 6: 1.
12. " " " poor, Luke 3: 1; Rom. 1: 11.
13. " " " friendless, Jas. 1: 27.
14. " " " unruly, I Thess. 5: 14.
15. The reward of helpfulness, Matt. 25: 40.

The questions given each time are to be answered by some one person and then by any one else who may have a thought upon them.

1. How can deeds of helpfulness become a joy to us instead of a burden of duty?
2. What can we learn from Christ as our example of helpfulness?
3. What incentives have we to helpfulness?
4. How has your life been blessed by the helpfulness of others?
5. How may we lose the spirit of helpfulness?
6. How can our society help more people in more ways than it is helping?
7. How can children be trained to lives of helpfulness?
8. What are some things we can do that will help some one?

Let me scatter sunshine where cold breezes blow,  
And smiles as a balm for a part of earth's woe;  
Is your burden heavy? Let me bear a part.  
Has sorrow overwhelmed you? Come tell me your heart,

Today I must help you, tomorrow I go.

Tomorrow I go and today I must work,  
Though ten thousand tempters around us may lurk,  
And urge me to cease from my labor of love,  
And throw down the cross with its crown from above,  
They shall not,—they cannot induce me to shirk.

For to know to do good and then do it not  
Is a crime before God which with judgment is fraught,  
I dare not ignore my poor neighbor in need,  
Nor spend my life idly while love is my creed,  
For love demands more than a coin or a thought.

Love seeketh the lost ones wherever they flee;  
Love shareth their burdens whatever they be;  
Love healeth the wound that ingratitude makes;  
Love cheereth the heart whence courage forsakes;  
Love lifteth the world blessed Father, to thee.

Love gildeth the cross and maketh it bright;  
Love lifteth the burden and maketh it light;  
Love warmeth the hand and quickeneth feet,  
Love toucheth the heart to compassionate beat;  
Love maketh all service a source of delight.

Three things let me have as the years hurry by;  
First love, second knowledge, third strength from on high.

Thus living and loving and helping in time,  
We all may continue to fashion our rhyme  
In the service of love in the sweet by and by.

C. F. YODER.

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## FROM THE PRESIDENT

### We Can

Every man possesses unrecognized dormant powers. Every man has more ability than he thinks he has, however self-conceited he may be; tho he may not have the kind of ability that he thinks he has. There is in every man, potentially, power that he does not suspect he has, and which power will never come to anything, unless it be quickened by a force from without. It is to this dormant power in man that Christ appeals. To the many waiting for some external gift, dreaming of what they would do if they possessed the power of another, to the many lying in idle expectation, waiting for some angel to come and trouble the waters and then their time to do something will come, Christ says, "take up thy bed and walk."

In every one of Christ's miracles performed either upon man or for man Christ gave the subject something to do. He thus taught that the only way to receive help was to help one's self; and the only way to help others was to help them to help themselves. The best word that the church can have for the unfortunate is that which Peter said to the cripple at the gate Beautiful: "Silver and gold I have none, but such as I have I give thee. In the name of Jesus of Nazareth rise up and walk."

The opening of free lodging-houses and free soup-houses is not the way to better the condition of the unfortunate. Experience has demonstrated that such institutions only aggravate the distress and injure humanity. To make such conditions for a man that because of these conditions he can make his own support is far better than to make him a mere almoner. Many of the so-called "ways to help the poor" would better read "ways how not to help the poor."

For just this same reason we cannot believe in Christian Science, or Mind Cure, or Faith Cure, or any other of the isms that are obtaining among us today. The truth they emphasize is that the spirit has more power over the body than we have been accustomed to think. We know that the body has an effect upon the soul and that the soul in turn has an effect upon the body. Physicians tell us that there is a power in the human will to control the nerves and to minister to the physical organization. There are many, perhaps that need no medicine, but instead an emphatic demand, "Rise and walk."

These are only illustrations of this truth. Every one of us can do the work he ought to do. Opportunities are commands, and when the command comes the power comes also. We can not always tell what we can do by consulting our own self-consciousness. The only way is to try. The mere endeavor creates the power, the mere attempt accomplishes something. Very largely we are made by what we do. The wanderings of Israel made Moses; the kingdom made David; Apostolic preaching made Paul; the reformation made Luther; the civil war